January 2013

2013 SANTA CLARA SENIOR CENTER REGISTRATION INFORMATION

DATES TO REMEMBER

January 3, 2013

2013 registration begins

February 4, 2013

Your Fitness and Natatorium card will no longer be valid without a 2013 sticker

RENEWAL PROCESS FOR CURRENT **PARTICIPANTS**

- Provide proof of residency
- Bring your card with you so a 2013 sticker can be affixed
- Update your 2012 information and sign a new liability release

ARE YOU NEW?

To participate in the following programs, please fill out a 2013 registration form:

- Adventures to Go (ATG)
- Fitness Center & Natatorium
- Individuals with disabilities (IDFit) (Supervisor approval needed)
- Personal Care Attendant (PCA) (Supervisor approval needed)
- Lapidary
- Woodshop

Some programs require proof of Santa Clara residency. The following items are accepted as proof of residency:

- 1. Current driver license or state issued ID card
- 2. Current utility bill (with your name on it) dated within the last 30 days
- 3. Imprinted checks with your name and address
- 4. Current property tax bill
- 5. Business mail with your name and address and dated in the last 30 days

Some programs require proof of age. The following items are accepted as proof of age:

- 1. Current driver license or state issued ID card
- 2. Government issued passport
- 3. Birth certificate

Santa Clara Parks and Recreation Department 1303 Fremont St., Santa Clara, CA 95050 • 1-408-615-3170 www.santaclaraca.gov/seniorcenter • custservsrcenter@santaclaraca.gov Monday-Friday 7:00 AM-5:00 PM • Saturday 9:00 AM-12:00 PM (The office closes 30 minutes prior to the building)



SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code 1-(408) unless otherwise noted.

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Council on Aging Silicon Valley	615-3170 www.santaclaraca.gov www.coasiliconvalley.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Council on Aging Silicon Valley	615-3170 www.coasiliconvalley.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available two Wednesdays per month, by appointment Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	615-3170 www.sala.org
Notary Service Free service by appointment, Fridays 8:00-9:00am. Signer must be present and provide government issued identification. Services available to seniors age 50+	Volunteer	615-3170 www.santaclaraca.gov
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	615-3170

Additional resources for seniors are available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at 1-(408) 615-2220.

CLASSES

Dance for Health

Mondays • 11:00-12:00 p.m.

Come out & get moving! This class is designed for adults 50 and older who wish to stay fit and learn basic jazz dance technique, steps, combinations, and routines in a fun and supportive atmosphere. Some exercises will include the use of chairs for props while sitting and/or standing. Strengthen your balance, flexibility, memorization, and coordination while enjoying upbeat music. All abilities are welcome. *Instructor – S. Van Dyne*

No Falls S.O.S.

Tuesday and Thursday • 11:00-11:30 a.m.

Register on a monthly basis; Santa Clara senior discount applies. **S**tretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. *Instructor – S. Van Dyne*

Pilates Mat – Building the Foundation

Tuesdays and Thursdays • 7:30-8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow, exercise to exercise, in a manner that challenges, yet adapts to the needs of the participants. *Instructor – A. Strauss*

Jazzercise with Jerome!

Monday and Wednesday • 7:30-8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants.

Instructor - J. Flowers

Zumba Gold® with Ginger

Mondays • 10:00-10:45 a.m. Wednesdays • 9:30-10:15 a.m.

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, "fitness party." Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor – G. Wilson*

Fitness for All

Wednesdays • 10:30-11:15 a.m.

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. *Instructor – S. Van*

Dyne

Tai Chi for Life!

Tuesdays & Thursdays · 8:45-9:45 a.m.

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor - L. Scheer*

Senior Computer Class - Email For Beginners #48114

Wednesday January 30 • 1:00 − 2:00 p.m.

Senior Center Computer Lab, Room 231

Come to this class and learn how to use email. We will cover signing up, reading messages, sending and replying to messages and adding attachments. Pre-register to reserve your spot in this free class.

Instructor - Library Staff

Join us for exciting classes that are designed to energize & motivate you to increase your fitness & activity levels. Seniors of all ages* & abilities are encouraged to register! Please refer to the Recreation Activities Guide for class fees and schedule.

*Ages 50 & up

HEALTH & WELLNESS, CARE MANAGEMENT

Walk A Block - SMALL FREE GIFT

Mondays & Wednesdays, 10am - 10:30am

The holidays are approaching fast! All those treats are yummy, but not necessarily the best thing for your health. Walking has many proven benefits, including stress reduction and weight management. Our walking group, led by the Health and Wellness nurses and volunteers, is a self-paced group that does as many laps around the block as possible in 30 minutes. We meet Mondays and Wednesdays at 10:00 in the front lobby. Walk a Block will be offering a small FREE GIFT for each participant who comes to Walk a Block at least ten times! Give yourself a present this holiday season- the gift of good health!

Blood Pressure Clinic

Thursdays 9:30-11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Masters

2nd & Last Thursday each month 10:30 a.m.-12:00 p.m.

If you are struggling to manage an overwhelming number of belongings, come join us for support and information. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

A Few Good Men

Fridays • 12:30-2:00 p.m.

Share some stories and laughs, explore the process of getting older, and compare notes with other men who enjoy discussing what's on their mind.

Winter/Spring Wellness Series

Classes are held on **Tuesdays**, **1:00–2:00 p.m.**, in the Conference Room 205 (unless otherwise noted). Pre-registration is required. Each class costs \$6, or Santa Clara senior discount of \$5. Join us for some interesting discussion and up-to-date information!

Pre-Diabetes • January 22 • #46986

Learn what pre-diabetes is, how to prevent it, and how to avoid letting it turn into Type 2 diabetes, based on American Diabetes Association and NIH research.

Instructor – Larisa Polozova , RN, MMS

Hypertension • February 5 • #46987

Many people do not realize they have high blood pressure. Join us for an overview on blood pressure and find out what you can do to keep your numbers in the healthy range.

Instructor - Wendy Talbert, RN, BSN

Falls I: Why Falls Happen • February 19 • #46988

Falling when you are older is often more than a simple skinned elbow or knee. We'll send you home with some new tools and information to stay safe.

Instructor – Larisa Polozova , RN, MMS

Falls II: Prevention Strategies • March 5 • #46989

This class will cover three main areas of fall prevention and will focus on some exercises and stretches to keep you "fall-free".

Instructor - Renee Furtado RTC, CTRS/ Wendy Talbert, RN, BSN

Dementia • March 19 • #46990

Join us for an overview of the different types of dementia, how dementia is diagnosed, treatment options, and ways to reduce your risk of developing dementia.

Instructor – Larisa Polozova, RN, MMS

Brain Fitness • April 2 • #46991

We will learn some simple strategies to improve your memory based on current research, and do some fun "fitness exercises" for the brain.

Instructor - Wendy Talbert, RN, BSN

Get Out • April 16• #47824

Sometimes it seems easier to just stay on the couch, but we still need to "get out and play". We will brainstorm ideas for how you can include social connection and play in your life.

Instructor - Mallory von Kugelgen

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30-10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. . Free dance lessons (Waltz, Fox Trot, Latin and more) are offered from 6:30–7:30 p.m. Admission to the dances is \$6 when live bands play and \$5 when hosted by a DJ.

Dining Out

Served Monday-Friday • 11:30 a.m. • \$3.00 donation. Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus, constructed by a registered dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches.

Advance reservations are required and are limited to 90 participants per day. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Please contact our Dining Out staff for information. Please contact our Dining Out staff for information. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is \$6.00.

Drop-In Crafts

Thursdays • 1:00-3:00 p.m. • Santa Clara Senior Center

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. Please check with the front desk for the room assignment each week. All seniors, age 50+, are welcome. Space is limited; first come, first served. Storage space is not available at the Senior Center. Engage your brain as well as your creativity.

Santa Clara Women's League

2nd Tuesday of each month • 1:00 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top your game". Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:45 p.m.	Auditorium	Staff 615-3170	Welcome
		Games, G	Games, Games		
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
		Car	d Games		
Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta, Pinochle	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome
		Activ	ve Games		
Wii	Mon-Fri Sat	7:00 a.m4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

JANUARY

MONDAY	TUESDAY	WEDNESDAY
	CENTER CLOSED NEW YEAR'S DAY HOLIDAY	Computer Lab, Billiard Room Computer Lab CLOSED Snack Bar Walk a Block 7-4:30 8:15-11:30 8:4-4 10-10:30
Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30	Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30 TGA Tuesday Dance THE CASUALS 7:30-10:30pm	ADVENTURES TO GO: ANYTHING GOES Computer Lab, Billiard Room Computer Lab CLOSED Snack Bar Walk a Block
Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30	ADVENTURES TO GO: CA ACADEMY OF SCIENCES Computer Lab, Billiard Room Snack bar Wood Shop Bingo TGA Tuesday Dance TBA 7:30-10:30 PM	Computer Lab, Billiards 7-4:30 Computer Lab CLOSED 8:15-11:30 Snack Bar 8-4 Walk a Block 10-10:30
CENTER CLOSED MARTIN LUTHER KING, JR. HOLIDAY	Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30 TGA Tuesday Dance TBA 7:30-10:30 PM	Computer Lab CLOSED 8:15-11:30
Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Walk a Block 10-10:30	Computer Lab, Billiards 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:00-2:30 TGA Tuesday Dance TBA 7:30-10:30 PM	ADVENTURES TO GO: JACKSON RANCHERIA CASINO Computer Lab CLOSED Computer Lab CLOSED Computer Lab, Billiards Snack Bar Walk a Block 30 8:15-11:30 12:30-2:30 7-4:30 7-4:30 8-4 10-10:30

THURSDAY	FRIDAY	SATURDAY
Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance GERI FOLEY. D.J. 7:30-10:30pm NO DANCE LESSON	Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30	
Clutter Masters 10:30-12 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance THE CASUALS 7:30-10:30pm	Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30	
Welcome Newcomers! 10:30 Lunch Meet 9:30 Computer Lab, Billiard Room 7-4:30 Snack bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance LYRATONES 7:30-10:30pm	Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30	
Computer Lab, Billiard Room 7-4:30 Snack bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance NOB HILL SOUNDS 7:30-10:30pm	Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:00-2:30	
Clutter Masters 10:30-12 Computer Lab, Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance 10 th AVENUE BAND 7:30-10:30pm		

DINING OUT

DINING OUT				
Roast Pork w/Gravy Whipped Potatoes w/Gravy Spinach Pineapple Tidbits	HOLIDAY NO MEAL Roast Beef Whole Gra Whipped P Mixed Veg Fortified Ju Oatmeal R Alternative Meal (Week #4)	Roast Beef v Rye Bread Whipped Pot California Blu Fresh Fruit ir Alternative Meal (Week #1): Alternative Meal (Week #1): Fresh Fruit ir Roast Pork w Garden Vegetable Salad Banana Alternative Meal (Week #2):	MONDAY	
Chicken Fajita Green Beans w/Pimento Mixed Green Salad w/Dressing Fortified Juice Lite Apple Streusel Cake			TUESDAY	
Beef Salisbury Patty Diced Potatoes w/Gravy Peas & Carrots Fresh Orange	Fish Fillet Sandwich w/Tartar Sauce Meaty Lentil Soup Green Pea Salad Romaine Spinach Green Salad Fresh Orange Lemon Poppy Seed Cake Vegetarian Cottage Cheese Salad OR R	Fish Fillet Sandwich w/Tartar Sauce Meaty Lentil Soup Green Pea Salad Romaine Spinach Green Salad Spinach Lemon Poppy Seed Cake Salad OR Vegetarian Bean Salad OR Tuna Salad Sandwich (No Cheese) OR Vegetarian Pat Roasted Chicken Whole Grain Bread Spinach Capri Blend Vegetables Fortified Juice Chocolate Chip Cookie Chicken Salad OR Vegetarian Cottage Cheese Salad OR Turkey Sandwich OR Vegetarian Pat Rye Bread Parslied Potatoes Chuck Wagon Corn Tropical Fruit Cup Rye Bread Peas & Pearl Onions Tropical Fruit Cup Fresh Orange Baked Fish w/Tartar Sauce Rye Bread Peas & Pearl Onions Confetti Coleslaw Pineapple Tidbits Fruit PiE Chef Salad OR Vegetarian Patty Burger	WEDNESDAY	
Roast Turkey w/Gravy Beef Barley Soup Whipped Potatoes Brussels Sprouts Citrus Fruit Cup	w/Gravy N/Gravy N/Meatballs Nushr Garlic Bread Oregon Bean Medley Narinated Zucchini Salad Califor Fresh Fruit in Season Fresh Fruit in Season Fresh Fresh Fruit in Season Fresh Fresh Fresh Fruit in Season Fresh Fresh Fresh Fresh Fruit in Season Fresh Fresh Fresh Fruit in Season Fresh F	Gravy Fish Fillet Sandwich w/Tartar Sauce Meaty Lentil Soup Green Pea Salad Meaty Lentil Soup Green Pea Salad Momaine Spinach Green Salad Season Santa Fe Salad OR Vegetarian Bean Salad OR Tuna Salad Sandwich (No Cheese) OR Vegetarian Patty Burger Applesauce Mohole Grain Bread Season Season Fortified Juice Chinese Chicken Salad OR Vegetarian Cottage Cheese Salad OR Turkey Sandwich OR Vegetarian Patty Burger Common Poppy Seed Cake Spinach Roasted Chicken Whole Grain Bread Spinach Spin	THURSDAY	
∭ = Higher in sodium	Home-style Turkey Patty w/ Mushroom Sauce Herb Sliced Potatoes California Blend Vegetables Fresh Apple	Veal Cutlet w/Gravy Whole Grain Pasta Mixed Vegetables Garden Vegetable Salad Fortified Juice Cookie Burger Chicken Marsala Corn Chowder Soup Peas & Carrots Vegetable Pasta Salad Fortified Juice Light Frosty Coconut Cake Light Frosty Coconut Cake Whole Grain Bread Whipped Potatoes Country Trio Vegetables Fresh Pear	FRIDAY	

Alternative Meal (Week #4) Greek Chicken Salad OR Vegetarian Cottage Cheese Salad OR Roast Beef Sandwich OR Vegetarian Patty Burger

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays • 9:00 a.m.-1:00 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. (Donations accepted are used to replenish consumable lapidary supplies).

Woodshop

Tuesdays and Thursdays • 8:00 a.m.-12:00 p.m.

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. (Donations accepted are used to replenish consumable woodshop supplies)

Welcome Newcomers

3rd Thurs. of each month • 10:30-11:30 a.m. • Rm 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Dwight Collins, Arlyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecek, Donna Marencia, Alice Pivacek, and Chuck Roberts.

Meetings:

4th Mon. of each month • 10:00 a.m. • Rm 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at *www.santaclaraca.gov*. You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Lunch Meet

Thursday, January 17, 2013 12:30-1:30 p.m.

Room 232

Our January program will feature Dr. Bobbie Plough, Superintendent of the Santa Clara Unified School District.

Among the topics of Dr. Plough's presentation will be ways for seniors to stay involved with our schools. We will hear about volunteer opportunities available to seniors who would like to share their time and experience with our local students. We will learn about how we may become involved with citizen committees for school bond measures. We will also hear updated budget information and how the senior parcel tax affects us.

Dr. Plough will highlight the three main goals the Santa Clara Unified School District is working on this year including increasing student achievement, the types of academic programs available to students and what they offer, and new student services to better serve students, families, and everyone in the community.

This program is open to all. Bring a friend. No preregistration is required. Bring your lunch if you like.

Did You Know?

The United States Treasury Department is phasing out paper check payments and requiring federal benefit recipients to get their money electronically. People who currently receive federal benefit checks must switch to electronic payments by March 1, 2013. This change is required for those receiving Social Security, Supplemental Security Income, Veterans Affairs, Railroad Retirement Board, Office of Personnel Management, and Department of Labor (Black Lung).

While the Treasury Department recommends direct deposit to a bank or credit union account, another option is a payment to a Direct Express® (similar to a prepaid ATM card) card account. To sign up online visit www.GoDirect. org. To learn more visit www.fms.treas.gov. You may call the U.S. Treasury Electronic Payment Solution Center at 1 800 333-1795 or visit your local bank or credit union for more information.

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room and Natatorium are open Monday—Friday 7:00 a.m.—4:30 p.m.

Saturday 9:00-11:30 a.m.

(Please check the schedule for when the Natatorium is closed for classes or cleaning)

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the "Fitness Center Orientation Video." The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

Walkers Are Welcome!

Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:

Monday: 7:00 a.m.-1:30 p.m. • Wednesday & Friday: 7:0010:00 a.m. and 11:00 a.m.-1:30 p.m.

Tuesday & Thursday: 3:00-4:30 p.m.

Lanes #2 and #3 are always designated for swimmers only.

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from 81-84° F. **Warm Water Pool:** Water temperature ranges from 90-94° F.

Spa: Water temperature ranges from 97-101° F.



The health and safety of our participants and staff is our number one priority.

We also want to keep the facility and equipment in good working condition. Please observe pool and spa guidelines to ensure that all may enjoy their time here at the Senior Center.

Open Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00-11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00-11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

ADVENTURES TO GO

Adventures to Go...carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly Adventures to Go newsletter with details for all our upcoming trips is available at the Senior Center or online at www.santaclara. ca.gov. Drop by the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Trip Pick-Up/Drop-Off Area: Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified.

New Trips

New trips will be released at Let's Talk Travel on January 23. Santa Clara Resident Registration will begin at that time. Non-resident registration will begin on the following Monday. See the February 2013 issue of the Adventures To Go Newsletter for detailed trip information and a complete listing of all upcoming trips. You may pick up a copy at the Senior Center or view it online at: www.santaclaraca.gov under Parks & Recreation and Senior Center. For registration information, drop by the Senior Center office or call (408) 615-3170.

Let's Talk Travel

January 23, 12:30 p.m.

Join us and *Let's Talk Travel!* We meet on the fourth Wednesday of the month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following *Let's Talk Travel*. Call 1-408-615-3170 for more information.

Day/Overnight Trips

Anything Goes	January 9
CA Academy of Sciences	January 15
Jackson Rancheria Casino	January 30
Wicked	February 13
Southern California Odyssey	February 19-22
Red Hawk Casino	February 26
SF Symphony Rehearsal	February 28
Santa Clara County Crime Lab	March 5
Ironstone Vineyards	March 12

Southern California Odyssey

No. 48103 • Tuesday-Friday, February 19-22 • Per person: \$834 double occupancy and \$1074 single occupancy • Half the fee is due at time of registration; balance due January 18.

Activity level: MEDIUM/HIGH – approx. 7 hour drive with a rest stop mid-way and lunch stop. A detailed itinerary will be mailed to travelers prior to the trip.

We're traveling on a Royal Coach Tours deluxe motor coach to Southern California. We'll stay for three nights in deluxe accommodations at the Doubletree Hotel in West Los Angeles. Our travel day will include a short stop midway and a visit to the Nethercutt Museum to see the collection of rare collectibles ranging from mechanical musical instruments and antique furniture, and American and European cars dating back to 1898-1997. The day will end with a Welcome Banquet Dinner at the hotel. On the second day we'll become fans of movie and television when we tour the Sony Picture Studios and take part in a live taping of The Price Is Right. You never know, you may be called to "Come On Down!" A highlight of the week will be a visit to the California Science Center with its new Samuel Oschin Space & Science Pavilion featuring the Space Shuttle Endeavor. There will also be time to visit the Griffith Observatory. Trip price includes transportation, hotel accommodations, baddage handling, admissions, gratuities, 2 lunches and 3 dinners. Motor coach leaves promptly at 8:00 AM on Tuesday and returns at approximately 5:00 PM on Friday.

SENIOR CENTER APPLICATION RENEWAL BEGINS JANUARY 3

Travelers must update their applications before registering, being placed on a wait list, or traveling in 2013. Current proof of age and residency required. Update your application at the Senior Center office. If you registered for a January trip in 2012, your current application on file will be acceptable until February 4.

ADVENTURES TO GO

The following are just a few of the trips that were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

CA Academy of Sciences

No. 47962 • Tuesday, January 15 • \$65 per personActivity level: MEDIUM – approx. 1 hour drive; large amount of walking with some stairs; elevator available. Bring a lunch or money to purchase lunch.

Brace yourself for the new Earthquake Exhibit at the California Academy of Sciences — a "must see!" The exhibit will give you a glimpse of the 1906 quake's destructive power, explore how the Earth's surface is directly related to what is happening inside the planet and show how the Earth's crust has influenced the evolution and diversity of life on our planet. Sit back in the world's largest all-digital planetarium and excite your senses with a new, visually stunning show that journey's through the San Andreas fault, delves into the Earth's core and explores the seismic science of earthquakes throughout our world. The California Academy of Sciences, named one of the new "Wonders of the World" by Condé Naste Traveler, is the only place on earth where you can explore an aquarium, planetarium, and natural museum under one living roof. *Motor Coach leaves promptly at 8:30 AM and returns at approximately 4:30 PM*.

Day at the de Young

No. 48089 • Tuesday, February 12 • \$66 per person Activity level: MEDIUM – approx. 1 hour drive; long periods of walking and standing; some stairs; elevator available. Bring money to purchase lunch.

We'll start our day at the de Young Museum in San Francisco with a timed-visit to see one of the most beautiful and artistically important paintings in the world: Girl with a Pearl Earring, by Johannes Vermeer, known as the "Dutch Mona Lisa." The exhibition will include 34 additional masterpieces from the 17th century Dutch Golden Age that are housed at the famed Royal Picture Gallery in Hague, the Netherlands. Complementing the exhibit will be Rembrandt's Century, drawing largely from a world-renowned collection of works on paper from the Fine Arts Museums' Achenbach Foundation for Graphic Arts. The collection includes a generous selection of etchings by Rembrandt van Rijn – arguably his generation's most influential artist. The de Young Museum will be the exhibition's first US venue. There will be plenty of time to enjoy a no-host lunch at the de Young Café and visit another limited engagement exhibition, Rudolf Nurevev: A Life in Dance. This special exhibition is dedicated to the life and work of the legendary dancer and choreographer Rudolf Nureyev and will showcase more than 80 costumes and 50 photographs from the dancer's personal collection. The Soviet-born Nureyev was recognized worldwide as the most magnificent and charismatic dancer of his time. *Motor coach leaves promptly at 8:15 AM and returns at approximately 4:30 PM.*

Red Hawk Casino

No. 48090 • Tuesday, February 26 • \$41 per person

Activity level: MEDIUM – approx. 2 ½ hour drive; periods of walking, standing, and sitting.

Spend 5 hours at Red Hawk Casino, situated on an impressive mountain top in the City of Placerville. Red Hawk offers a new class of excitement and gaming action which includes: 2,100 Slots, Progressive Slots, 75 Table Games, Premier High-Limit Area, and an entirely Non-Smoking Lower Level, plus Premium Restaurants. Upon arrival, with valid I.D., receive a Casino Bonus of \$10 Free Slot Play. Bonuses subject to change without notice. *Motor coach leaves promptly at 7:30 AM and returns at approximately 6:30 PM*.

SF Symphony Rehearsal

No. 48091 • Thursday, February 28 • \$85 per person

Activity level: MEDIUM – approx. 1 hour drive. Periods of walking and standing; some steps. Wear comfortable walking shoes and dress in layers.

What goes into a San Francisco Symphony performance at Davies Symphony Hall? What comes before the horns, the tapping baton, the expectant pause, the first fiery notes? Find out at the Open Rehearsal and "Inside Music" pre-concert talk, a remarkable morning of conversation, education and incredible music in the making. There is open seating – we will leave early from Santa Clara to allow plenty of time to choose the perfect spot for viewing. The pre-concert talk is designed to enhance your enjoyment of the concert by providing insights into the works of the program. The rehearsal will include selections by Mozart and Buckner conducted by Michael Tilson Thomas. We'll stop for lunch at Fog Harbor Restaurant and free time at Pier 39. The hosted lunch will include choice of Clam Chowder, Organic Mixed Greens or Caesar Salad and Pan Roasted Alaska Cod, Grilled Chicken in Mushroom Herb Sauce and Baked Shrimp Penne Pasta. Meals include Vanilla Ice Cream with a Biscoff Cookie and coffee or hot tea. Motor coach leaves promptly at 7:15 AM and returns at approximately 4:15 PM